



Abigail Nelson

Dramatherapist

HCPC and BADth registered

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More info

Visit my website

www.abigailnelson.co.uk

Psychology Today

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Instagram

[@abigailnelsondramatherapist](#)

Expertise

I love working with folks who feel they don't fit the mould, who want to explore their identity in creative ways and shift patterns / beliefs that no longer serve them. My practice is neurodiversity-informed, trauma-informed and GRSD-friendly 🌈

Fees

£70 for 50 minutes (individual)

Why dramatherapy?

Dramatherapy is a creative psychotherapy. For many who have felt different, misunderstood or under-supported by normative systems, a therapy that also doesn't fit the mold, that allows them to deeply explore and creatively express their true selves can be a game changer.

In sessions we can create characters and stories, listen to music, play, make art, move our bodies and more. In dramatherapy you are empowered to explore your world in creative ways that are unique and authentic to you, whilst learning new ways to express yourself.

Dramatherapy is backed by research in human development, psychology and neuroscience. For example, we now know that trauma is stored in the body, and that embodied approaches like dramatherapy are needed to heal. We also know creativity is a key ingredient of brain plasticity, which allows us to change our ways of thinking, reacting, and processing information.

Reach out for a free consultation, and find out how dramatherapy could be what you've been looking for.